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First Position—Spring up with the arms to the rear, and the right heel close to the left, which forms the First Position, as before described.

bringing the hands and feet; in one motion, to their proper places sequent our average labour recount our of the sequence of t

In the foregoing instructions the Positions and Movements preparatory to using the Sword have been explained, giving a separate word of command for each motion respectively. The same positions may now be gone through, naming only in the word of command, the position or movement required, and distinguishing it by the numbers, 'One,' 'Two,' &c. &c. It is intended by this to practise the recruit in changing from the different positions readily, and without losing his balance, which will almost invariably rest upon the left leg.

## - its de late value Positions by Numbers.

One—Raising the arm to the rear, and the right heel to the front, come at once to the First Position.

Two Come to the Second Position. 300 on my gol stain

Three Third Position to the same of the least of the leas

Two second Position. 12 lent's off n

ye One brows of First Positioned ; neared all to oberts

Three illeg I land of Third Position. of will be will to wolls

First Balance Motion. Spring up to the position, as shown in the 'First Balance Motion.

Three\_Step out to the 'Third Position,' as the sent they's

First Balance Motion-Spring up as before.

Two-Step out to the 'Second Position.'

Single Attack—Raise the right foot, and beat it smartly on the ground?

Double Attack—Raise the right foot, and beat it, as before, twice on the ground; first with the heel, and then with the flat of the foot 1 and the normal and the flat of the foot 1 and the normal and the flat of the flat o

Advance—Move forward the right foot about six inches, and place it smartly on the ground; then bring up the left foot lightly about the same distance.

-zi Single Attack + Astbefore, the wib homong out no uwanh

Retire—Move the left for lightly to the rear about six inclies, the whole weight and balance of the body still continuing to rest upon it; then move the right foot back the same distance, and place it smartly on the ground,